

girlsFIRST Fitness Challenge

Physical Activity Guidelines

Girls First wants you to do at least 60 minutes (1 hour) of physical activity at least 5 days a week. The activities should be a mix of:

1. **moderate-intensity** aerobic activity, such as fast walking,
2. **vigorous-intensity** aerobic activity, such as running
3. Three days a week, these activities should involve include **muscle-strengthening** activities, such as push-ups, and **bone-strengthening** activities, such as running.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can talk but you can't sing the words to a song as you are exercising.

Moderate-intensity aerobic activities include:

- walking / riding your bike
- playing on the playground
- cheerleading
- roller-skating / rollerblading
- dancing / sports practice

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Vigorous-intensity aerobic activities include:

- playing chase
- energetic dancing
- aerobics
- running
- gymnastics
- playing basketball / volleyball
- jump rope or hula hoop
- riding your bike fast or on hills

Muscle-strengthening activities are those that require you to lift your own body weight or to work against a resistance, such as climbing a rope.

Muscle-strengthening activities include:

- games such as tug of war
- sit-ups / curl-ups
- push-ups
- swinging on playground equipment or bars
- resistance exercises with exercise bands, weight machines or hand-held weights
- rock or rope climbing

Bone-strengthening activities are those that help the bone growth and makes them stronger.

Bone-strengthening activities include:

- games such as hopscotch & four-square
- hopping, skipping and jumping
- skipping rope
- running
- sports such as gymnastics, volleyball and tennis

Minimize the amount of time you watching TV or play computer games.

The benefits of being active for at least 60 minutes each day include:

- Improves cardiovascular health
- Maintains a healthy weight
- Improves bone health
- Improves self-confidence
- Develops new social skills

Those who complete the six (6) week Fitness Challenge will be presented with a **Girls First Fitness Challenge Certificate** and other incentive items.

BE STRONG / PLAY HARD!



Activity Log

Name: _____ Age: _____

| <i>Week of October 17, 2011—Activities</i> | <i># Minutes</i> |
|--|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

| <i>Week of October 24, 2011—Activities</i> | <i># Minutes</i> |
|--|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

| <i>Week of October 31, 2011—Activities</i> | <i># Minutes</i> |
|--|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

| <i>Week of November 3, 2011—Activities</i> | <i># Minutes</i> |
|--|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

| <i>Week of November 10, 2011—Activities</i> | <i># Minutes</i> |
|---|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

| <i>Week of November 17, 2011—Activities</i> | <i># Minutes</i> |
|---|------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| <i>Camper Signature</i> | <i>Date</i> |

[] I have met my daily activity goal for at least 5 days each week.

[] I have performed my physical activities for at least 6 weeks

Camper Signature: _____

Supervising Adult's Signature: _____

Curl Ups

What it works: your abdominal muscles

How to do it:

- 1. Lie on your back and place your feet flat on the mat**
- 2. Cross your arms over your chest**
- 3. Squeeze your abdominal muscles and slowly bring up your head, then shoulders, then back up off the mat.**
- 4. Hold the position**
- 5. Slowly bring back, then shoulders, then head to the mat**



Shuttle Run

What it tests: your speed and agility

How to do it:

- 1. Begin behind the line. Run to the blocks on the opposite line**
- 2. Pick one block up, run back to the starting line, and place the block behind the line**
- 3. Run back and pick up the second block and run back across the starting line.**

Be sure to place block on the line! Do not throw it.



Endurance Run

What it measures: your heart and lung endurance

How to do it:

- 1. Warm up your muscles by stretching and walking**
- 2. Begin running when the leader says “Ready? Go!”**
- 3. You may switch between running and walking if needed**
- 4. Try to cover the distance in as short a time as possible**



Push Ups

What it measures: your upper body strength and endurance

How to do it:

1. Start in the push up position with hands under shoulders, arms and legs straight, feet slightly apart.
2. Lower the body until your upper arms are parallel to the floor.
3. Repeat the movement with smooth, steady motion



V Sit Reach

What it measures: the flexibility of your lower back and hamstrings

How to do it:

- 1. Begin with the heels of your feet along the baseline and about 8 to 12 inches apart**
- 2. Slowly reach forward as far as possible with your fingers on the measuring line while a partner holds your knees to the floor**

